

BTEC Level 3 – Sport



Exam Board: Pearson

This course encourages students to analyse the concept of performance from a range of physiological, psychological, applied areas. Through the diversity of its content, this course provides a whole array of skills for life such as communication, dealing with pressure, split second decision-making, analysing and evaluating performance, and more which would be suitable for any career path.

Assessment is applied through continuous and applied scenarios ideal to be able to both challenge and support students as they progress through to university pathways or apprenticeship placements.

Course overview:

This challenging and rewarding course aims to encourage students to:

- Review their current participation in physical activity and identify the importance of their involvement as a player, or coach, identifying best practice at both recreational and performance level.
- Create a development plan and a life plan for their participation in physical activity reviewing sports development.
- Enable students to gain an insight into how the body systems affecting performance respond to exercise.
- Develop an understanding of the psychological factors influencing behaviour and learning in sports and physical education, linking to the coaching and learning of skills in a sporting environment.
- Develop an ability to appreciate the relationship between theory and practice and to apply theoretical knowledge to develop an understanding of practical performances in sports, from grass roots to elite level.
- Fundamental principles of training and nutritional planning to improve well-being and to further improve participation and performance by reviewing lifestyle factors.

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Entry requirements:

There are no specific entry requirements above the general requirements for PH6, however students need to be interested in sport and engage with a range of sports and fitness both in and outside of school.

Assessment:

360 GLH (445 TQT)

Equivalent in size to one A Level.

4 units of which 3 are mandatory and 2 are external.

Mandatory content (83%).

External assessment (67%)

Who is the course for?

- Students who are considering further study in Sport and Exercise Science, Sports Development, Teaching, Coaching, Armed Forces or Sport Technology.
- Students considering a career in journalism, retail, manufacturing or professional sport.
- Students who have a genuine interest and aptitude for physical education and sport, but would prefer an alternative to the A Level route.

Other Course Information:

Learners will be expected to train their body outside of lessons by attending extra-curricular classes within/outside of school.

Career pathways:

The course combines well with a large number of subjects and supports entry to higher education courses in a wide range of disciplines including combined degrees (depending on the subjects taken alongside it). Popular combinations with sport include Business, Sociology and Psychology. Careers include coaching, physiotherapy and sports management roles.

“BTEC Sport is taught in a way that is really relevant and accessible. I have really enjoyed learning about all the different aspects such as the psychology of sport, alongside the practical elements”